

Sexually Transmitted Diseases (STDs) Affecting Men

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Overview of STDs Affecting Men

- A sexually transmitted disease is any disease that can be transmitted through physical intimacy, including oral, anal, and vaginal sex or any type of genital contact.
- There are an estimated 19 million cases of STDs in the United States every year. Half or more are in people 25 years and younger.
- There are many different types of sexually transmitted infections. STDs can be caused by bacteria, virus, protozoa, or parasite.

Main Bacterial STD Infections and Clinical Presentations in Men

Bacterial STDs are easy to test and treat. They are curable.

- **Chlamydia:** Urethral discharge (urethritis) will lead to epididymitis and infertility if not treated
- **Gonorrhea:** Urethral discharge (urethritis) will lead to epididymitis and infertility if not treated
- **Syphilis:** Primary syphilis - ulcer (chancre) with local adenopathy; secondary syphilis - skin rash, condylomata; will lead to cardiovascular, neurological damage, death, and blindness if not treated

Main Bacterial STD Infections and Clinical Presentations in Men. Cont.

- **Chancroid:** Painful genital ulcers; may be accompanied by bubo
- **Lymphogranuloma Venereum (LGV):** Ulcer, inguinal swelling (bubo), proctitis
- **Granuloma Inguinale (Donovanosis):** Ulcerative lesions of the inguinal and anogenital areas

Main Viral STD Infections

Viral STDs are difficult infections because they are not curable.

- **HIV:** HIV-related diseases, AIDS
- **Genital Herpes:** Anogenital vesicular lesions and ulcerations
- **Genital Warts:** Penile and anal warts; carcinoma of the penis
- **Viral Hepatitis:** Acute hepatitis, liver cirrhosis, liver cancer
- **Molluscum Contagiosum:** Genital or generalized umbilicated, firm skin nodules

Main Protozoal STD Infection

Protozoa STDs are easy to treat. It is curable

- **Trichomoniasis:** Urethral discharge (nongonococcal urethritis (NGU)); often no symptoms

Main Parasitic STD Infections

Parasitic STDs are easy to treat. They are curable

- **Pubic Lice:** Itching in the genital area
Visible nits (lice eggs) or crawling lice
- **Scabies:** Intense itching and a pimple-like skin rash

Risk Factors

- Multiple Sex Partners
- Lack of condom use
- Adolescent
- Men who have sex with men (MSM)
- Drug/Alcohol Use
- Sex for Money or Drugs

STD Challenges

- **MSMs:** Represent 65% of primary and secondary syphilis and 44 times more chances of HIV infection than other men
- **African-Americans:** 12% of the U.S population, represent 70% of gonorrhea cases, almost half of all chlamydia and syphilis cases
- **HIV acquisition and transmission:** Most STDs have been associated with increased risk for HIV
- **Young people:** Almost half of STD infections are among people 15-24 years of age
- **STD rate and consequences:** Chlamydia and gonorrhea are far more severe among women than men (the need to protect the women)

Counseling, Testing and Prevention Issues

- High prevalence of HIV and syphilis among gay and bisexual men
- Limited access to prevention services
- Complacency about HIV risk among gay and bisexual men
- Lack of consistent maintenance of safe behavior with every sexual encounter
- Lack of awareness of syphilis symptoms and how it can be transmitted

Counseling, Testing and Prevention Issues Cont.

- Homophobia and stigma can prevent MSM from seeking prevention, testing, and treatment services
- Risk of HIV transmission through receptive anal sex is much greater than the risk of transmission through other sexual activities
- Some gay and bisexual men relying on prevention strategies that are less effective than consistent condom use

STD Prevention

- **Asymptomatic STDs:** Because many STDs have no symptoms, those at risk need to get tested and find out if they are infected.
- **Abstinence:** Only sure way to prevent STDs
- **Reduction of sex partners:** If sexually active, be in a long-term relationship with an uninfected person
- **Condom use:** Correct and consistent use of male condoms reduces the risk of HIV and certain STDs
- **Screening:** Promote treatment, avoid spread and serious consequences
- **Immunizations:** HPV and Hepatitis B prevention
- **Symptoms:** Immediately see your provider



